

weight. The length should be such that when you have drawn it to the limit of your capacity you have drawn it to the head. Most women use a 26" arrow.

Targets -

Regulation hand sewn eye straw type which retails at \$8.00 is best. For outdoor shooting leave the target in position rather than rolling it back & forth. Cover it with canvas or general sheet. Use regulation 48" size. Target faces can be made by colouring the back of oil cloth with wax crayons.

Target stand - white pine or cypress - 2 pieces $1\frac{1}{8}" \times 2" \times 6'$
1 " $1\frac{1}{8}" \times 2" \times 6\frac{1}{2}'$

Drill a hole thro' the 3 pieces, put a bolt thro', the long leg being in the centre.

Handling an Archery Class.

- Don't give beginners large doses.
- Make everything clear and definite.
- Instructor put himself in beginner's place.
- All permitted to shoot at first possible moment.
- Train students to help assist in large classes.
- Supervise first shots.

Lesson I

Class of 15. Any sex.

Targets 20 yds outdoors - 30" T at 18 yd. indoors.

Line up in kt. order facing me. Form a $\frac{1}{4}$ circle around me, facing me squarely.

● 1. Address target. On "right face" turn toward target & "address" it. Keep looking strait ahead & extend L. A. out to S. Turn H. squarely to L. & if A. pointing directly at me in correct pos. of "address". If A. not move ft so is. Hs too. Relax!

2. 6 fund. - Roll up sleeve so R. A. bare well above elbow.

● 1. Pos. of bow elbow. Hold L. A. up w. elbow bent, fist clenched, palm of Hd toward u. T. H. over & straighten it; almost strait. Stop & A gets completely strait. W. RT. H. feel pt. of elbow. Will find it pointing to S. - correct Arch. pos. Extend L. A. as far as poss, locking L. elbow. & hold

● Not bkwrd at wrist. This incorrect - hurt.

Relax! Try A pos. again.

2. Pos. of bow wrist & Hd. Put A up as b4 and extend fingers perfectly strait. Hd & A in 1 strait line. Wrist moving bk of Hd, wrap

fing. as though around bow. which will keep wrist strai. & when have bow in hd, will bring base knuckle of thumb in exact center of bow. Fund - wrist strai.

3. Extend L. A w. elb. bent & wrist strai. haunch' shld. as high as can - repeat - "Your L. shld. low". Don't bend at hips but have more wt on L. hip ft. Give feeling of leaning toward target which I should have. Repeat 1-2-3.

4. Pos. of drawing hd. - it hd. that draws bk string. Draw string w. ⁵ 3 fing. of it hd - don't use others. Extend L. A again in shooting pos. & reach out as though were drawing string bk. Grasp w. tips of fing. & draw bk, close & L. A. all way, until it index fing. is under jawbone. (4) The Index finger under jawbone.

5. Relax L. A. only & leave R. hd. tight agin' chin w. it elb. high, thumb agin' throat & index finger under jawbone. Touch center of chin w. 4 fing. just where dimple is or should b. (5) The string in center of chin.

6. Hold pos. & close L. eye.

Review 6 fund. Follow these, always make good scores & shoot consistently.

Chp. II - 1875 lessons.

Target - Mattes, sawn straw. 4' in diam.

Old 9" sides 4 1/2" wide.

Bales of Hay used as sub.

Target Face - Can be paper or oil cloth - 52".

Draw own w poster paint. Keep target flat. Don't put target where rats.

Easel - 3 pieces 1" x 3" - Board. Center 4' from ground. Put bolt at joining of 3 boards about 5". Rope from 1 to other helps legs from slipping.

Bow - Lemon wood, yew & hickory most common
Yew most expensive & flexible
Sap & heart. - Horn tips. Leather grip.

Lemon - Most common - Twined grip.

Hickory - Self notched ends right in wood.

Never stand in corner - use string or own rope
but if later case best to lie on floor.

In winter keep in not too dry a place about 65°. Bt using again hang in bathroom for few days to moisten up. String of linen hemp.

Arrows - Soft pine or cedar.

Notch.

Reinforced
feathers

Shaft

tip or file.

Self arrow, reinforced at tip & notch.

Bullet shaped or 11 piles.

Aluminum arrow also - at notch & file.

Breakage - tip. - Splinter $\frac{1}{2}$ way up shaft.
Notch comes off. Feathers off.

Arrow shaft clean & smooth. Use steel wool.
& the cocoa butter. Dupont cement
used w/ thread & allowed to drive.

Quiver - Pocket hooked on, steel or old bad. box.

Aim Guard - Look from below, upwards. ^{Beginners use} ~~stem~~

Finger - Mob tab, glove w/ 3 fingers. ^{Beginners use}

Point of Aim - Bobby pin can be used.

Range Finder -

Scene -

Wax well with bees wax.

Wind away from you - 3 threads wailed.

Clout, Achey - 120 - 140 yds.

Sailing -

Book: How to Sail - Batten Lesline Series

Types of craft -

Schooner - a boat with 2 masts

Put on tiller

But done center board in deep water

Now clear.

Shift weight. Repaired water to
know what to change

Having boat weighing to be used.

Get sail right to when wind is
coming from. clockwise eye is when
wind comes from.

Clingles

Whipping to last soon ¹⁹⁹⁸ or to sail

Board into mast - gape pin or king pin

Two buckles to support main stay.

Boat spirit or digby now stay to be put
for more canvas

Bot stay.

Traveller on stern deck.

Traveller

" ring

7 for board

Rolling
Blanking

open clear at C.B.
that - almost against C.B.
now clear.